



**HEALTH
AND FITNESS
AUDIT**

John Miller

Frontline Primary Health Care

A COMPREHENSIVE SNAPSHOT (SELFIE) OF YOUR HEALTH, FITNESS AND WELLBEING



Do you really know, 'How'r yer going?'

You've been feeling a bit off colour so you go to the doctor. You've had your blood pressure taken and sent off to get a few pathology tests. You've gone back to the doctor to get the results; they're a mixed bag but you're not going to die. End of visit.

Unless you've got a good doctor, the thing you're most unlikely to get at the surgery is an assessment of your aerobic fitness, strength, flexibility, mental health and a broader picture of how your life is going.

In fact, you won't come away with a really good snapshot of your total health, fitness and wellbeing.

But deep down you know it's time you took a grip on yourself, changed your eating habits, lost weight, laid off alcohol, caffeine, flour and sugar and got more exercise. You know it's time you got another job, stepped up to a bigger challenge, sorted things out at home and started saving, not spending.



So who do you go for this sort of advice? The short answer is yourself.

And where do you start? Again, the short answer is with the assessments in the Health and Fitness Audit.

After completing the assessments, you'll come away inspired and motivated to do the things that you need to do to keep yourself fit and healthy. More than that, the assessment process will get you focused on some of the big things in your life that matter, including your family, career, your finances, and most especially your *Self*.

And on the question of 'motivation', always remember that you don't motivate yourself to do something, you do something and then become motivated.

John Miller

Health, Fitness and Wellbeing Audit

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DEDICATION

This book and the assessment profiles it contains is dedicated to two people; my friend, mentor and work colleague from South Australia, Jan Gauvin, author and presenter of the Integral personal development program, who has inspired and motivated me and thousands of people to go on the journey to discover and live the life they want to live; and my friend, empathetic and caring physician, Kym Trigg who once said to me, 'You ought to go to one of Jan's courses.'

Kym and I started school together in Grade 1 at Whyalla Centre School.



Jan Gauvin



Kym Trigg

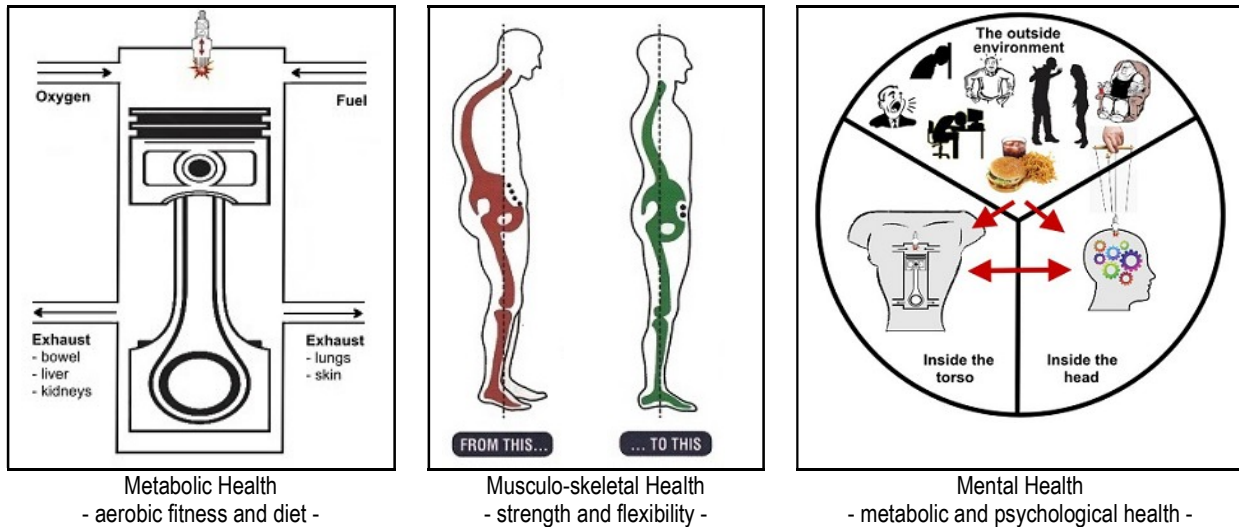
Unlock your hidden talents. Become more of what you are capable of. Tap into your strengths. Become more aware of the life you'd like to live. Find the lesson from past challenges. Develop skills for life.

We are living at a time of enormous change, both for ourselves, and our planet. We must now become aware of how we can successfully live through these changes, thus eliminating the need for struggle and pain. It is time to embrace a new perspective and vision. Now is the time to elevate to a higher energy.

Jan Gauvin Integral Training

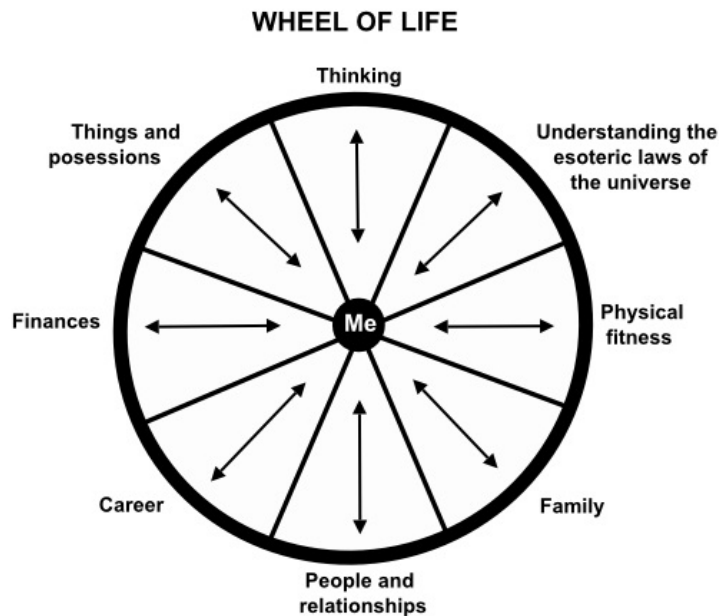
INTRODUCTION

The assessment profiles in the Health and Fitness Audit can be grouped into three main categories.



THE WHEEL OF LIFE

Alternatively, the profile selection could be based on the parameters outlined in the 'Wheel of Life'.



There is one profile that I haven't yet developed, the 'things and possessions' profile. But let's presume that if you've got a car, a flat-screen TV, an internet connection and a mobile phone you're doing a lot better than your grandparents.

It's a big ask expecting to stay healthy without keeping yourself fit.

John Miller

1. Health Climate Survey

The mind is just one of many body systems in a complex ecosystem. The mind and the rest of the body systems are intimately connected. For instance, when we get mentally stressed, the stress registered in the mind is relayed to the body via the autonomic nervous system. Conversely when one of the other body systems becomes stressed, the stress is relayed to the mind. You may not realize how stressed you are until you complete this questionnaire but your body does. The body is incapable of dishonesty!

Circle the number appropriate to the degree to which you experience the symptoms on the left hand side of the page. The greater the symptom, the higher the score. Total the score at the bottom of the page.

	None		Not much			A fair bit			A lot		
1. Headaches (including migraines)	0	1	2	3	4	5	6	7	8	9	10
2. Lack of energy and vitality	0	1	2	3	4	5	6	7	8	9	10
3. Candida - jock itch, thrush, tinea, furry tongue	0	1	2	3	4	5	6	7	8	9	10
4. Poor sleep. (Score 10 if on medication)	0	1	2	3	4	5	6	7	8	9	10
5. Snoring and/or sleep apnoea (Use gas mask, score 10)	0	1	2	3	4	5	6	7	8	9	10
6. Musculo-skeletal dysfunction: joint and muscle pain	0	1	2	3	4	5	6	7	8	9	10
7. Frequent colds, flu and sinus	0	1	2	3	4	5	6	7	8	9	10
8. Unsettled stomach, reflux. (If on medication score 10)	0	1	2	3	4	5	6	7	8	9	10
9. Overweight - 1 point for every 2Kg overweight	0	1	2	3	4	5	6	7	8	9	10
10. Irritable bowel, constipation, diarrhoea, piles ...	0	1	2	3	4	5	6	7	8	9	10
11. Shortness of breath from asthma	0	1	2	3	4	5	6	7	8	9	10
12. Low level of fitness*	0	1	2	3	4	5	6	7	8	9	10
13. Chest pain, palpitations	0	1	2	3	4	5	6	7	8	9	10
14. Rashes, zits, skin outbreaks, psoriasis, itchy skin	0	1	2	3	4	5	6	7	8	9	10
15. Mouth ulcers, cold sores ...	0	1	2	3	4	5	6	7	8	9	10
16. Elevated blood pressure (Score 10 if on medication)	0	1	2	3	4	5	6	7	8	9	10
17. Elevated blood cholesterol (Score 10 if on medication)	0	1	2	3	4	5	6	7	8	9	10
18. Elevated blood glucose (Score 10 if on medication)	0	1	2	3	4	5	6	7	8	9	10
19. Shakes, nervous tics and mannerisms	0	1	2	3	4	5	6	7	8	9	10
20. Grinding teeth	0	1	2	3	4	5	6	7	8	9	10
21. Drinking too much alcohol (2 points per drink/day)	0	1	2	3	4	5	6	7	8	9	10
22. Smoking too many cigarettes (1 point per cigarette per day)	0	1	2	3	4	5	6	7	8	9	10
23. Drinking too much caffeine (1 point per cup per day)	0	1	2	3	4	5	6	7	8	9	10
24. Anxious about life, insecure, apprehensive about the future	0	1	2	3	4	5	6	7	8	9	10
25. Are you depressed? (Score 10 if on medication)	0	1	2	3	4	5	6	7	8	9	10
26. Are you in the wrong job?	0	1	2	3	4	5	6	7	8	9	10
27. Do you feel under-appreciated at work?	0	1	2	3	4	5	6	7	8	9	10
28. Do you have a poor work/life balance?	0	1	2	3	4	5	6	7	8	9	10
29. Are you unhappy with your family life?	0	1	2	3	4	5	6	7	8	9	10
30. Are you unhappy with your financial status?	0	1	2	3	4	5	6	7	8	9	10

The score of a normal, fit and healthy human being is less than See next page **TOTAL**

What does your score mean?



The score of a normal fit and healthy human being is less than 20.

If you got less than 20 you're in very good nick.

If you got less than 40 that's not bad, but the signs are there that certain parts of your body are not working as well as you'd like. You're starting to exhibit the signs and symptoms of general metabolic dysfunction.



Over 40 the amber light is flashing.

You're probably not as fit as you could be. You need a fitness program. You may be a little over weight, in which case you need a fitness program and the Hourglass Diet.

There's a chance there's evidence of musculo-skeletal dysfunction, in which case you're not strong or flexible enough to keep your body in alignment.

You probably need a holiday or some good distractors that distract you from feeling tired and miserable.



Over 80 and you're getting right into the red zone. It's time to take stock.

You certainly don't want things to get worse, which they will if you don't do something now. You could be in the wrong job or the wrong relationship. There's probably something going on in the top paddock that's not right and it's affecting the rest of your body.

If you don't do something now there's a good chance that pretty soon you could end up on the medical hurdy-gurdy.

It's definitely time for a lifestyle make-over.



Over 140 and there are high scores throughout the profile.

It's time to seek a counsellor and dramatically improve your lifestyle.

Step back, take a holiday and/or your long service leave. Get away.

Start making hard decisions, so that you get what you want.

Certainly though at any score you're redeemable. If you're serious you can halve your score in three months.

A lot of people brought themselves back from the brink by becoming fitter, getting themselves in the job and personal relationship they'd really like to be in.

Questions 1 – 20 deal with body system dysfunctions that are closely related to a lack of physical activity, a poor diet and an autonomic nervous system that's out of balance. You can correct them by

1. implementing a regular and systematic physical exercise program involving
 - aerobic exercise
 - strength training
 - flexibility exercises.

2. Eating from the top of the Hourglass

- with vegetables, fruit and adequate protein and fat as the basis of your diet
- steering clear of wheat and milk
- eliminating the 'garbohydrates', (flour and sugar, on their own, combined and/or mixed with fat)
- eliminating alcohol, tobacco and aspartame
- supplementing your diet with vitamins, minerals, essential fats, and 'octane boosting' nutraceuticals

3. Meditating.

Questions 21-23 have a relationship with stress. As we become more stressed we tend to take more of the culturally acceptable chemicals.

Questions 24 – 30 are questions related to stress in your life, whether you're in the right job, whether you have the resilience to cope with your internal and external environment, if you're happy with your family and finances, whether you're doing the things unstressed people do to manage their stress.

If you're struggling with some of these issues, go and see a counsellor or a life coach. They'll give you a few signposts, act as a sounding board, help you set and then monitor progress towards your goals.



The trouble with the rat race is that even if you win, you're still a rat.
Lily Tomlin

2. Fitness Profile – a good score is a high score

1. Are you keeping yourself **fit and healthy** to the best of your ability?

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

2. The body is an ecosystem. What was your score on the **Health, Climate Survey?**

>120	110	90	80	70	60	50	40	30	20	<20	
	0	1	2	3	4	5	6	7	8	9	10

3. **Fatness.** How close are you to being your **ideal weight**? Scores based on the number of kilos of body fat over what you consider to be your ideal weight. Current weight Ideal weight Percent body fat

Kg over ideal wt	<25	<20	<15	<10	<8	<6	<4	<2
% fat men	<35	<30	<28	<26	<24	<22	<20	<18
% fat women	<45	<40	<38	<36	<34	<32	<30	<28
	3	4	5	6	7	8	9	10

4. **Lower body strength – squat**

How many full squats can you do in 90 seconds. Bottom must get midway between knees and ankles. Use a heel raise if you need to. #.....

<7	7	10	15	20	23	25	30	
	0	4	5	6	7	8	9	10



5. **Abdominal strength – sit-ups.** #.....

<7	7	10	15	20	23	25	30	
	0	4	5	6	7	8	9	10



6. **Upper body strength – press-ups.** Number in 90 seconds.

Men on toes, women on front of thighs. #.....

<7	7	10	15	20	23	25	30	
	0	4	5	6	7	8	9	10



7. **Flexibility – sit and reach**

In a sitting position, with feet outstretched in front of you, see how far down past your toes you can reach with your fingers. Keep your knees straight.

Can't touch	Fingers			Palm		Wrist		
	0	4	5	6	7	8	9	10



8. **Ability to sit up straight**

With legs crossed and hands clasped behind your back, see if you can sit up straight. Falling backwards on one or both sides scores 0. If you can only just sit up without falling over score 5.

Fall over	Barely	Just		Perfect			
	0	5	6	7	8	9	10



9. **Aerobic fitness – 5 minute, 20m lap run.** Laps

<22	22	24	26	28	30	32	34	36	38	40	
	0	1	2	3	4	5	6	7	8	9	10



10. **Aerobic Training sessions per week – of at least 30 minutes with heart rate over 120.**

		1		2		3		4		5	
	0	1	2	3	4	5	6	7	8	9	10

Total

For further information visit: <http://www.completefitnessworkout.com>

4. Universal fitness test – fit-for-work assessment

The Universal Fitness Test involves 5 fitness tests plus an assessment of percent body fat.

1. **20 metre run** - number of 20m laps in 5 minutes This is the classic test of aerobic fitness, superseding the 'beep test'.

One foot must go beyond the line at the end of each lap.

It may take you several attempts to work out the best speed to start off with. You can walk, shuffle, jog or run. If you're running and you run out of puff you can slow down to a walk.

If you're in very poor metabolic health, start off with a slow walk and over the weeks and months gradually pick up the pace. Consult your physician if you feel you may be in very poor cardio-vascular health and request a 'proper' cardio-vascular fitness test..



Warning

You must stop if you feel you could be doing yourself grievous bodily harm.

2. **Situps** - consecutive number of situps until exhaustion - feet held, hands clasping opposite shoulders, coming up so elbows touch the knees, upper back (not head) 'hitting' the ground.

With feet held, the test becomes a front of body muscle test. Leg muscles, hip flexors and abdominal muscles are all involved in the situp process.



3. **Pressups** - consecutive number of pressups until exhaustion - men on toes, women on knees.

Women make sure that your knees, bottom and shoulders are in a straight line.

The classic upper body and trunk strength exercise. Pressups incorporate the plank exercise - in motion.



4. **Squats** - consecutive number of squats until exhaustion. Bottom must go down to mid-way between knees and ankles. Most people will need to use a heel raise to successfully complete the test.

The classic test of leg strength.



5. **Arm hang** – hanging from a bar until exhaustion.

Hang with palms facing away from you.

A large proportion of people are unable to support their own weight at all so be careful and be ready to land safely on your feet if your hands fail to support you.

The classic test of hand strength. No need of a grip strength machine, just you knowing how long you can support your own weight with your hands.



6. Percent body fat

The gold standard for body composition is percent body fat. Theoretically, there is no need to measure how fat people are because generally speaking the fitter they are the closer they will be to their ideal weight. But having said that, it's a useful metric to include in a fitness assessment.



SUPPLEMENTARY TESTS

Flexibility

The third major fact of fitness is flexibility. Tight muscles move bones out of alignment. That's the bad news. The good news is that once you have a flexibility training program muscles can move bones back into alignment again; poor function is restored to good. The body becomes pain free.

Whilst the flexibility tests don't lend themselves to the Universal Fitness Test scoring system, we have included two supplementary tests of flexibility to round out the test battery.

7. Flexibility - sit and reach – test of hamstring flexibility

In a sitting position, with feet outstretched in front of you, see how far down past your toes you can reach with your fingers. Keep your knees straight.

Can't touch	Fingers			Palm			Wrist
0	4	5	6	7	8	9	10



8. Ability to sit up straight - test of buttock flexibility

With legs crossed and hands clasped behind your back, see if you can sit up straight. Falling backwards on one or both sides scores 0. If you can only just sit up without falling over score 5.

Fall over	Barely		Just			Perfect
0	5	6	7	8	9	10



ADMINISTRATION

The Universal Fitness Test is easy to administer.

The strength tests are the same tests as you'd use to improve your strength at home.

The aerobic fitness test requires participants to see how many laps of a 20m course they can complete in five minutes. It's an adapted version of the 'beep' test, equally reliable and valid but easier to administer.

It's important you do the tests in the order recommended. Do the 20m run test first, then the situps and pressups, followed by the squats and arm hang. If you do the squats before the situps you'll compromise your situps' score.

Fitness is not about being better than someone else ... it's about being better than you used to be.

Universal fitness test scoring system



The award is based on the lowest points scored for a particular test item. For example if you're a woman and complete 38 laps of the 20m run, 30 pressups, 15 situps, 25 squats and hang onto the bar for 30 seconds, the 15 situps count as the lowest score and you qualify for the 'green' award.

Highlight your best individual scores. To signify your Award, place a tick in the 'award' box (on the right-hand side of the table) equal to the lowest score you achieved for the individual tests (as per the example below).

Level	Award	20m run - laps		Pressups	Situps	Squats	Arm hang (secs)		% body fat		Award
		Men	Women				Men	Women	Men	Women	
10	Platinum	55	52	70	70	70	100	80	<14	<24	
9	Diamond	53	49	60	60	60	80	60	<16	<26	
8	Ruby	50	46	50	50	50	60	50	<18	<28	
7	Emerald	45	43	40	40	40	50	40	<20	<30	
6	Gold	40	38	30	30	30	40	35	<22	<32	
5	Silver	38	36	25	25	25	35	30	<24	<34	
4	Bronze	36	34	20	20	20	30	25	<26	<36	
3	Green	32	30	15	15	15	25	20	<28	<38	
2	Amber	26	24	10	10	10	20	15	<30	<40	
1	Red	22	20	<10	<10	<10	10	10	<35	>45	
0	Black	<22	<20	<5	<5	<5	<10	<10	>35	>45	

Strength tests taken until exhaustion - without stopping. 20m run - laps in 5 minutes

POINT SCORING SYSTEM

You can also score points based on the level achieved for each test item.

Points received in the example above are:

Test	Points
20m run	
Pressups	
Situps	
Squats	
Arm hang	
% body fat	
TOTAL / 50	

Fit-for-work standards

The Fit-for-Work standards can be matched to suit the nature and demands of the job.

The **gold standard** is readily achievable by anyone who has a regular aerobic fitness and strength training program.

I judge the **green standard** to be a minimum fitness-for-work qualification. It shows some evidence of a strength training program. The diamond standard is readily achievable by people who are highly trained and in excellent physical condition, particularly people in elite forces.

4. Specific joint assessment

1. **Back.** Rate the current condition of your back.

Dreadful Good

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

2. **Neck.** Rate the current condition of your neck.

Dreadful Good

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

3. **Right shoulder.** Rate the current condition of your right shoulder.

Dreadful Good

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

4. **Left shoulder.** Rate the current condition of your left shoulder.

Dreadful Good

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

5. **Right wrist.** Rate the current condition of your right wrist and hand.

Dreadful Good

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

6. **Left wrist.** Rate the current condition of your left wrist and hand.

Dreadful Good

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

7. **Right hip.** Rate the current condition of your right hip.

Dreadful Good

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

8. **Left hip.** Rate the current condition of your left hip.

Dreadful Good

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

9. **Right knee.** Rate the current condition of your right knee.

Dreadful Good

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

10. **Left knee.** Rate the current condition of your left knee.

Dreadful Good

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

11. **Right foot.** Rate the current condition of your right foot. Do you suffer Achilles tendonitis, plantar fasciitis, malformed toes etc .

Dreadful Good

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----








12. **Left foot.** Rate the current condition of your left foot. Do you suffer Achilles tendonitis, plantar fasciitis, malformed toes etc .

Dreadful Good

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

TOTAL/120

5. Musculo-skeletal health risk assessment

<p>1. Current condition This is a subjective assessment of how <i>you</i> perceive your current level of musculo-skeletal health. Take into account aches and pains and limited mobility and function compared with when you were 'at your peak'.</p>	
<p>2. Body composition. How close are you to your ideal weight? You can estimate the number of kilograms over your ideal weight. In a clinical situation we'd use percent body fat.</p>	
<p>3. Lower body strength – squat How many squats can you do in 60 seconds? Your bottom must go lower than your knees. If you've got sore knees either don't proceed or proceed with caution.</p>	
<p>4. Lower body strength – sit-ups with feet held in 60 seconds. There is evenly divided conjecture about whether it is safe to do situps with feet held. I believe the exercise is safe. Many people cannot do 1 situp without their feet held. Proceed with caution.</p>	 If it hurts, stop doing it
<p>5. Upper body strength – press-ups in 60 seconds. If you've got painfully sore shoulders either don't do this exercise or proceed with caution – and don't do too many.</p>	
<p>6. Flexibility – sit and reach – Hamstring flexibility Sitting on the floor, with feet outstretched in front of you, see how far down past your toes you can reach with your fingers. Keep your knees straight.</p>	
<p>7. Ability to sit up straight with legs crossed – buttock flexibility With legs crossed and hands clasped behind your back, see if you can sit up straight without falling over backwards.</p>	
<p>8. Shoulder function – wall test Stand with you back to the wall. Place your hands in the surrender position with elbows, forearms, wrists and fingers flat back on the wall.</p>	
<p>9. Strength training behaviour</p>	
<p>10. Flexibility training behaviour</p>	

MUSCULO-SKELETAL HEALTH RISK ASSESSMENT

Warning: If you don't think you should do any of these exercises, don't do them. If it hurts while you are doing any of the exercises stop doing them immediately. **Record your scores** in the boxes on the right-hand side of the page.

1. Current condition.

How would you rate the current condition of your musculo-skeletal system?

Dreadful										Excellent
0	1	2	3	4	5	6	7	8	9	10

Score

2. Body composition. How close are you to your **ideal weight**? Scores based on kilos over your ideal weight. #

>20	20	18	16	14	12	10	8	6	4	2
0	1	2	3	4	5	6	7	8	9	10

3. Lower body strength – squat

How many full squats can you do in 60 seconds? Bottom must get at least half way between your knees and your heels, use a heel raise if you need to. #

>5	5	8	10	13	15	18	20	23	25	30
0	1	2	3	4	5	6	7	8	9	10

4. Lower body strength – sit-ups with feet held in 60 seconds #

>5	5	8	10	13	15	18	20	23	25	30
0	1	2	3	4	5	6	7	8	9	10

5. Upper body strength – press-ups in 60 seconds, Men on toes, women on front of thighs with knees, bottom and shoulders in a straight line. #

>5	5	8	10	13	15	18	20	23	25	30
0	1	2	3	4	5	6	7	8	9	10

6. Sit and reach – hamstring flexibility

Sitting on the floor, with feet outstretched in front of you, see how far down past your toes you can reach with your fingers. Keep your knees straight.

Can't touch	Fingers			Palm		Wrist	
0	4	5	6	7	8	9	10

7. Ability to sit up straight with legs crossed – buttock flexibility

With legs crossed and hands clasped behind your back, see if you can sit up straight. Just being able to sit up with hands clasped scores 7/10. Sitting up exceptionally straight with a hollow in your lower back scores 10/10. Falling backwards on one or both sides scores 0.

Fall over	Barely		Just		Perfect	
0	5	6	7	8	9	10

8. Shoulder function – wall test

Stand with you back to the wall. Place your hands in the surrender position with the Back of your forearms, wrists and hands flat back on the wall. Score 10 if you can do it with ease. 7/10 is just getting the 'flat' position. Score lower if you can't do it at all.

0	1	2	3	4	5	6	7	8	9	10

9. Strength training behaviour

Do you have a regular and systematic strength training program either at home or at the gym. Sessions per week.

		1			2					3
0	1	2	3	4	5	6	7	8	9	10

10. Flexibility training behaviour

Do you have a regular and systematic flexibility training program either at home or At the gym. It may include yoga, body balance, Pontius Pilates ... Sessions per week.

		1			2					3
0	1	2	3	4	5	6	7	8	9	10

The 'pass mark' is 70/100.

TOTAL/100

For more information visit <http://www.globalbackcare.com>

6. Metabolic health profile

Poor metabolic health is a sign of risk of cardio-vascular dysfunction, stroke, diabetes and a host of other body system dysfunctions.

1. What was your score on the **Health, Fitness and Wellbeing profile**?

High										Low
>120	120	100	80	70	60	50	40	30	20	<20
0	1	2	3	4	5	6	7	8	9	10

2. **Body Composition.** Are you about your **ideal weight**? Scores based on number of kilos of body fat over what you consider to be your ideal weight.

No										Yes
>20	<20	<18	<16	<14	<12	<10	<8	<6	<4	<2
0	1	2	3	4	5	6	7	8	9	10

Scores based on percent body fat

M	>40	<35	<30	<28	<26	<24	<22	<20	<18	
W	<45	<45	<40	<38	<36	<34	<32	<30	<28	
	0	3	4	5	6	7	8	9	10	

Current weight Ideal weight Percent body fat
 A reasonable % body fat for men is less than 20 and for women less than 30.

3. **Blood Glucose level** - mmol/l Preferably fasted. Score 0 if on medication.

Poor										Good
>10	<10	<9.0	<8.5	<8.0	<7.5	<7.0	<6.5	Less than 6		
0	1	2	3	4	5	6	7	10		

4. **Cholesterol level (Unfasted)** - mmol/l

Poor										Good
>8.5	<8.5	<8.0	<7.0	<6.5	<6.0	<5.5	<5.0	<4.6	<4.3	<4
0	1	2	3	4	5	6	7	8	9	10

5. **Blood pressure - systolic**/ (The higher figure.)
 Normal is 120 for men and 110 - 120 for women. Score 0 if on medication.

Poor										Good
>160	<155	<150	<145	<140	<135	<130	<125	<120		
0	3	4	5	6	7	8	9	10		

6. **Blood pressure - diastolic**/ (The lower figure.)
 Normal is 80 for men and 70 - 80 for women. Score 0 if on medication

Poor										Good
>100	<100	<97	<94	<90	<87	<84	<80			
0	4	5	6	7	8	9	10			

7. Do you **smoke**?

If 'yes' score zero. If 'no', score 10.

NO YES

8. **Aerobic fitness** 5 minute, 20m lap run. Laps

Poor										Good
<22	22	24	26	28	30	32	34	36	38	>40
0	1	2	3	4	5	6	7	8	9	10

 X 3

A score below 70 is an indication of risk of cardiac malfunction.

TOTAL

Any score below 7 can be regarded as a 'strike' against you.

Your metabolic health risk factor score can be improved dramatically with regular, vigorous physical activity, eating from the top of the Hourglass and meditation. If you are at high risk, we suggest you pay a visit to your fitness practitioner, naturopath or physician. Of course, an estimate of low risk may not mean you are immune from metabolic dysfunction!

Your metabolic health risk is assessed as

- Low** • Over 70
- Medium** • Between 50 and 70
- High** • Less than 50

7. Diet Profile

2. **Body Composition** How close are you to being your **ideal weight**? Scores based on number of kilos of body fat over what you consider to be your ideal weight. Current weight Ideal weight

>20	<20	<18	<16	<14	<12	<10	<8	<6	<4	<2
0	1	2	3	4	5	6	7	8	9	10

2. Do you eat a **decent breakfast** or is it just flour and sugar? Don't score more than 6 if it's just flour and sugar.

No										Yes
0	1	2	3	4	5	6	7	8	9	10

3. For your weight do you eat a **high fat** diet?

Yes										No
0	1	2	3	4	5	6	7	8	9	10

4. For your weight, do you eat a **high flour and sugar** diet?

Yes										No
0	1	2	3	4	5	6	7	8	9	10

5. Do you eat predominantly from the top of the **Hourglass**: - plenty of vegetables and fruit mixed with adequate protein and fat?

No										Yes
0	1	2	3	4	5	6	7	8	9	10

6. How many glasses of plain, unadulterated **water (ore green tea)** do you drink each day?

	1	2		3		4		5		>6
0	1	2	3	4	5	6	7	8	9	10

7. When you look at your health, do you believe you're getting enough of the **essential vitamins, minerals, fatty acids and glycoproteins**?

No										Yes
0	1	2	3	4	5	6	7	8	9	10

8. Do you **eat too much**?

Yes										No
0	1	2	3	4	5	6	7	8	9	10

9. Are you ruled by your **addictions and cravings** to foods which are not good for you?

Yes										No
0	1	2	3	4	5	6	7	8	9	10

10. Does the **back end** of your system work like a charm? – score low if you have an irritable bowel or diarrhoea, are constipated, and/or have piles.

No							1			2			3
0	1	2	3	4	5	6	7	8	9	10			

If you want to be fit and healthy, eat how fit and healthy people eat!

TOTAL

For more information visit: <http://www.hourglassdiet.com>

8. Chemical intake profile

1. Do you **smoke**?

If 'yes' score zero. If 'no', score 10.

YES NO

Tick the box if you're ready to give it away. ☐

2. How many standard **alcoholic drinks** do you have a week?

High								Low		Nil	
>20	20	15		13		11		9		7	
0	1	2	3	4	5	6	7	8	9	10	

3. Do you drink too much **caffeine**? How many cups of coffee or cola drinks do you have a day? We live in a high caffeine culture!

Yes						No				
>8	8	7	6	5	4	3	2	1		
0	3	4	5	6	7	8	9	10		

4. Are you a **high salt eater**? If you add lots of salt to your food; if you eat a lot of salty food (chips, nuts, Vegemite, processed meat, take-aways, canned food...), score low.

Yes						No				
0	1	2	3	4	5	6	7	8	9	10

5. How do you rate your reliance on **anti-inflammatory** tablets?
Score 0 if you're currently on them.

High									Low	Nil	
0	1	2	3	4	5	6	7	8	9	10	

6. How do you rate your reliance on **headache and pain killing** tablets?

High									Low	Nil	
0	1	2	3	4	5	6	7	8	9	10	

7. Are you on **sleeping** (tranquillizers, hypnotics, relaxants) tablets?

If 'yes' score zero. If 'no', score 10.

YES NO

8. Are you on **anti-depressant** tablets?

If 'yes' score zero. If 'no', score 10.

YES NO

9. Are you on **blood pressure** tablets?

If 'yes' score zero. If 'no', score 10.

YES NO

10. Are you on **diabetes** tablets?

If 'yes' score zero. If 'no', score 10.

YES NO

Who's in charge here?

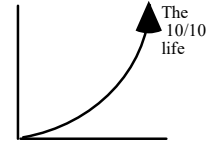
Want to stop smoking? Tell your *Self* to stop buying cigarettes!

TOTAL

That which we persist in doing becomes easier to do, not that the nature of the thing has changed but that our power to do has increased.
Ralph Waldo Emerson

11. Stress risk profile

This profile is based on the habits of unstressed people.



1. Rate your ability to manage the stress of your life. The more stressed you are the lower the score

Low			Medium				High			
0	1	2	3	4	5	6	7	8	9	10

2. Do you get a good night's **sleep**? Do you get enough sleep, do you get to sleep quickly, do you sleep like a log and wake up refreshed in the morning?

No					Yes					
0	1	2	3	4	5	6	7	8	9	10

3. What was the longest number of **consecutive days holiday** you had away from home the last 12 months?

			7			14				21
0	1	2	3	4	5	6	7	8	9	10

4. Are you keeping yourself **fit and healthy** to the best of your ability?

No					Yes					
0	1	2	3	4	5	6	7	8	9	10

5. Is there **balance** in your life? Do you have good **distractors** that switch you off from being busy and miserable and which give you great pleasure?

No					Yes					
0	1	2	3	4	5	6	7	8	9	10

6. Do you **take time off** at lunch time to get away from your desk and get some fresh air? Score high if you exercise with vigor at lunch time.

No					Yes					
0	1	2	3	4	5	6	7	8	9	10

7. What is the average number of **hours you work** each week - if you have young children include work-work and domestic work?

	65		60		55		50			<45
0	1	2	3	4	5	6	7	8	9	10

8. Are you good at giving back to your **Self**? Do you spend time thinking about your **Self**? Do you give your **Self** the time and attention it is craving?

No					Yes					
0	1	2	3	4	5	6	7	8	9	10

9. How many times a week do you **meditate**, for 10 minutes or more?

0		1		2		3		4		5
0	1	2	3	4	5	6	7	8	9	10

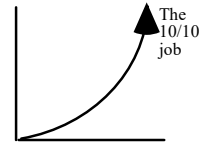
10. Are you happy with your **family** (and romantic) **life**?

Not at all					Very					
0	1	2	3	4	5	6	7	8	9	10

To better manage your stress, do the things that unstressed people do!

TOTAL

10. Career satisfaction profile



This profile is based on the habits of people who are in the right job and love their work.

1. How close are you to doing **the job you'd really love to be doing**? This is the job you'd love to do so much you'd do it for nothing, but which you did so well you'd be paid handsomely.

Miles away. I'm there

0	1	2	3	4	5	6	7	8	9	10

2. **Are you in the right job for now?** Do you enjoy your work?

No Absolutely

0	1	2	3	4	5	6	7	8	9	10

3. How stressful do you find your job. Is it giving you life or sucking life out of you?

Sucking Giving

0	1	2	3	4	5	6	7	8	9	10

4. Are you focused on your **career options** or are you leaving them to chance?

Unfocussed Focused

0	1	2	3	4	5	6	7	8	9	10

5. Do you get good feedback from your manager?

No Yes

0	1	2	3	4	5	6	7	8	9	10

6. Do you receive an appropriate **financial reward** for the work you do?

No Yes

0	1	2	3	4	5	6	7	8	9	10

7. Do you feel that you and your work are **valued** and **appreciated**?

No Yes

0	1	2	3	4	5	6	7	8	9	10

8. Do you work for an organisation that **cares** about people, including yourself?

No Yes

0	1	2	3	4	5	6	7	8	9	10

9. Do you **enjoy the company** of the people with whom you work?

No Yes

0	1	2	3	4	5	6	7	8	9	10

10. What's the level of **morale** like in your work group?

Dreadful Fantastic

0	1	2	3	4	5	6	7	8	9	10

If you want to enjoy your work, do what people who enjoy their work do.

TOTAL

11. Meaning and purpose profile

1. Are you living the life you'd like to live?

No											Yes										
0	1	2	3	4	5	6	7	8	9	10											

2. Are you a power in your own life? Are you getting enough of what you want and need to live a fit, healthy, rich and fulfilling life?

No											Yes										
0	1	2	3	4	5	6	7	8	9	10											

3. Are you a power in the lives of other people?

No											Yes										
0	1	2	3	4	5	6	7	8	9	10											

4. Are you an optimistic person?

No											Yes										
0	1	2	3	4	5	6	7	8	9	10											

5. Do you have wisdom?

No											Yes										
0	1	2	3	4	5	6	7	8	9	10											

6. Are you a courageous person? Do you know what your heart's desire is and are you working toward it?

No											Yes										
0	1	2	3	4	5	6	7	8	9	10											

7. Is there a lot of love in your life?

No											Yes										
0	1	2	3	4	5	6	7	8	9	10											

8. Are you a person of integrity? Do you usually do what you say (to yourself and others) you're going to do?

No											Yes										
0	1	2	3	4	5	6	7	8	9	10											

9. Are you an enthusiastic person?

No											Yes										
0	1	2	3	4	5	6	7	8	9	10											

10. Are you thankful for what you've got?

No											Yes										
0	1	2	3	4	5	6	7	8	9	10											

If you want to enjoy your work, do what people who enjoy their work do.

TOTAL

12. Family life profile

1. Are you living the family life you'd like to live?

No										Yes
0	1	2	3	4	5	6	7	8	9	10

2. Do you have a partner who shares similar values, goals and interests?

No										Yes
0	1	2	3	4	5	6	7	8	9	10

3. How many weeks since you and your partner went out together?

>10	10	9	8	7	6	5	4	3	2	1
0	1	2	3	4	5	6	7	8	9	10

4. How many days since you went for a walk or did some physical activity with your partner?

>10	10	9	8	7	6	5	4	3	2	1
0	1	2	3	4	5	6	7	8	9	10

5. How many days since you told your partner that you love them?

<10	10	9	8	7	6	5	4	3	2	1
0	1	2	3	4	5	6	7	8	9	10

6. Did you spend quality time with your children this week? If they no longer live with you did you write to them or phone them? No children? Score 7.

No										Yes
0	1	2	3	4	5	6	7	8	9	10

7. Do you keep in touch with your parents, brothers and sisters?

No										Yes
0	1	2	3	4	5	6	7	8	9	10

8. How many weeks since you took flowers home?

>10	10	9	8	7	6	5	4	3	2	1
0	1	2	3	4	5	6	7	8	9	10

9. How many days since you cooked a meal for the family?

>10	10	9	8	7	6	5	4	3	2	1
0	1	2	3	4	5	6	7	8	9	10

10. Are you happy with your love life?

0	1	2	3	4	5	6	7	8	9	10

Is there anything you can do to improve your family life?

TOTAL

13. Finance profile

1. Do you have your financial goals written down?

No												Yes
	0	1	2	3	4	5	6	7	8	9	10	

2. Are you working toward the achievement of your financial goals?

No												Yes
	0	1	2	3	4	5	6	7	8	9	10	

3. Do you come from abundance or scarcity?

Scarcity												Abundance
	0	1	2	3	4	5	6	7	8	9	10	

4. Do you earn an above average income for your age?

No												Yes
	0	1	2	3	4	5	6	7	8	9	10	

5. Do you have a budget which you keep to and review every month and every year?

No												Yes
	0	1	2	3	4	5	6	7	8	9	10	

6. Do you have a good savings and investment plan and monitor it regularly?

No												Yes
	0	1	2	3	4	5	6	7	8	9	10	

7. Do you have a good spread of investments?

No												Yes
	0	1	2	3	4	5	6	7	8	9	10	

8. Do you plan to be wealthy? ie you're working toward having a return on asset that matches your income.

No												Yes
	0	1	2	3	4	5	6	7	8	9	10	

9. Have you got a nice little earner on the side?

No												Yes
	0	1	2	3	4	5	6	7	8	9	10	

10. Do you have adequate income protection?

No												Yes
	0	1	2	3	4	5	6	7	8	9	10	

TOTAL

14. People

1. Are you living the social life you'd like to live?

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

2. Are you a friendly, sociable sort of person?

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

3. Are you making a contribution to your community?

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

4. Do you keep in touch with your friends?

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

5. Are you a good listener?

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

6. Do you help others when they are in need?

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

7. Are you caring and respectful of other people's heritage, values and opinions?

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

8. Are you committed to building relationships with people outside your work, your neighbours and your family?

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

9. Are you an active member of a work, sport, church, lodge, service, social or personal growth organisation?

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

10. How many weeks since you've had neighbours or friends around?

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

TOTAL

15. Summary of profiles

		★	★★	★ ★★	★ ★★ ★	★ ★★ ★★
		50%	60%	70%	80%	90%
Fitness	□ /100	□	□	□	□	□
Musculo-skeletal Risk	□ /100	□	□	□	□	□
Diet	□ /100	□	□	□	□	□
Chemical Intake	□ /100	□	□	□	□	□
Metabolic Health	□ /100	□	□	□	□	□
Stress	□ /100	□	□	□	□	□
Career satisfaction	□ /100	□	□	□	□	□
Meaning and purpose	□ /100	□	□	□	□	□
Family	□ /100	□	□	□	□	□
Finance	□ /100	□	□	□	□	□
People	□ /100	□	□	□	□	□

MERIT AWARD for achieving over 70 in all profiles. Yes

If I'd known I was going to live this long, I'd have taken better care of myself.
Eubie Blake (On his 100th Birthday)

16. The law of too much and too little

WHAT DO I DO TOO MUCH OF?	WHAT DO I DO TOO LITTLE OF?
WHAT DO I EAT TOO MUCH OF?	WHAT DO I EAT TOO LITTLE OF?
WHAT DO I DRINK TOO MUCH OF?	WHAT DO I DRINK TOO LITTLE OF?
WHAT DO I THINK TOO MUCH OF?	WHAT DO I THINK TOO LITTLE OF?

Achieving life is not the equivalent of avoiding death.
Ayn Rand

17. Gunnado

- what are you gunnado to live the fit, healthy, rich and fulfilling life -

FITNESS	DIET
SELF	FAMILY
FRIENDS	CAREER
FINANCES	THINGS

Confucius say,
Choose a job you love and you'll never have to work a day in your life.

NOTES

I can give you
the program
but I can't do
it for you.

Kenneth Cooper